

# What's Doin' at the Brea Senior Center

## Happy Labor Day!



### September 2024

Hours | Monday-Friday, 8 a.m.-3 p.m.

## Announcements

### SAVE THE DATE! Flu Shot Clinic



Friday, Sept 20, 10-11:30 a.m.

This year's clinic will offer the following vaccines **ONLY**: flu, Covid, RSV, pneumonia, and shingles. **NO** vendor booths or additional health screenings will be available. Every visitor will receive a **FREE** wellness gift bag and be entered for a chance to win a prize!

### NEW! Mobile Technology Literacy Class Wednesdays, 9:30-11:20 a.m.

An introduction course on how to use your phone and tablet (mobile devices) to the full extent of their capabilities. Course covers topics like how to connect to Wi-Fi, how to use apps, how to take & share photos, and how to send messages. Please call 714-808-4679 to register.



By **NOCE Active Older Adults**

### REMINDER! Holiday Closure

We will be closed in observance of Labor Day on Monday,

Sept 2. We will reopen on Tuesday, Sept 3 with regular business hours.

### FREE Hearing Screenings Tue, Sept 24, 10 a.m.-12 p.m.

Make an appointment today with an audiologist to get your hearing checked or your existing hearing aid examined. Please call 714-990-7750 for appointment.

By **Hearing Life Brea**

### "It's Your Estate" 6-week Financial Literacy Workshop Series

Mondays, Sept 23-Oct 28  
1-2:30 p.m.

This free series is designed to prevent financial abuse by educating seniors to take control of their financial and estate decisions. Lessons in this series include estate planning, living trusts, tax planning, retirement account planning, and more. **NO** sales pitches or solicitations will take place. Call the front desk to register.

By **Financial & Estate Literacy**



### NEW! Board & Card Game Group Mondays, 12:30-2:30 p.m.

Dust off your favorite board or card game and bring it along to share with the group. Unleash your inner champion in a friendly competition, discover exciting new games, or revisit beloved classics. It's a fun opportunity to connect with others and make some new friends—all through the magic of rolling dice, drawing cards, and strategizing your way to victory! This is a casual, open-play event—no sign-ups needed.

### City Mayor Updates Return! Thursday, Sept 26, 10 a.m.

We're thrilled to announce the return of our monthly Mayor updates! Join us for a chance to meet with our City Mayor Christine Marrick who will be providing general city news and updates to fill you in on all the happenings in our community.

## Travel Group

### Hilbert Museum of California Art & Lunch Tue, Sept 24, 9:30 a.m.-2:30 p.m.

Attention art and food lovers! After 3 years of renovations, check out the newly reopened Hilbert Museum of California Art

located at Chapman University in Orange! The museum features more than 5,000 art pieces of everyday life in California, one of the largest private collections of Disney art, and works by Norman Rockwell. Then, enjoy a delicious buffet lunch at BJ's in Orange with unlimited pizza, salad, and beverages. Price includes roundtrip transportation, museum entrance, and buffet lunch at BJ's. \$30 per person.

### Greek Isles, Italy & France October 16-31

Highlights: Acropolis, National Archaeological Museum, day at sea, cocktail party, Colosseum, Pantheon, Trevi Fountain, St. Peter's Basilica, Vatican Museums, and Sistine Chapel. \$6,000 per person, based on double occupancy.

### Harrah's Casino Trip— Halloween Dress Up Edition! Thursday, October 31

Departing at 8 a.m. and returning around 5 p.m. Lunch is not included. \$35 per person.

## Health Help

**Free Nail Painting**  
1st & 3rd Monday of each  
month, 9-10 a.m.

**Blood Pressure Checks**  
Tuesdays, 10 a.m.-12 p.m.



## Senior Services

### Case Management Services

Are you a senior living in Brea? Are you a caregiver for a loved one? Achieve successful aging through advocacy,

assessment, facilitation, and resource management. Eligibility to be a Case Management client: Brea resident, 60+ years of age, and client consent. Call 714-990-7750 for info.

### Medicare & Health Insurance Assistance 2nd & 4th Wednesday of each month, 9:30-11:30 a.m.

Benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance. **Appointment Required By Health Insurance Counseling and Advocacy Program**

### Legal Aid (Wellness Room) 4th Thursday of each month, 12:30-2 p.m.



Appointments are available with representatives from Legal Aid Society of Orange County for Orange County 60+ seniors. **By Community Legal Aid SoCal**

### Senior Center Gift Shop Hours Vary

Quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. Donated items accepted. Shop hours are subject to volunteer availability.

### Senior Grocery Program \*NEW DAY & TIME\* 2nd & 4th Wednesday of each month, 1-2 p.m.

Grab N' Go with pre-selected items ready for pick up. Due to limited parking and construction, please arrive no earlier than 1 p.m. and depart promptly to allow others to be served. Bring your own bags.

### By Second Harvest Food Bank

### Shopping Trips! Mondays, 12:45 p.m. 1st & 3rd Wed, 12:45 p.m.



Free transportation for Brea residents to Walmart, Ralphs, Rite Aid, Albertsons, and Trader Joe's. Shopping trips limited to one hour. Call 714-990-7754 to register.

### Senior Van Service Tue-Fri, 9 a.m.-1 p.m.

Brea Residents 60+! Need a ride to appointments or errands? Van Service taking you within 5 miles of your home for just \$4 each stop (OC Only). Must to apply for this service call 714-990-7750 for details!

## Fitness

### Better Balance with Dan Mondays, 10-11:50 a.m.

Registration Required. Please call 714-808-4679 to register.

**By NOCE**

### Health & Wellness w/ Eunice Tuesdays, 10-11:50 a.m. Thursdays, 9:30-11:30 a.m.

Registration Required. Please call 714-808-4679 to register.

**By NOCE**

### Line Dancing Class Wednesdays, 12-3 p.m.

Introduction: 12-1 p.m.  
Beginning: 1-2 p.m.  
Intermediate: 2-3 p.m.



### Longevity Stick Balance Class Mondays (ZOOM only) Wednesdays & Fridays, 9-10 a.m.

### Table Tennis Every Tue & Thu, 12:30-3:30 p.m. Resident Quarterly Fee: \$25 Non-Resident Quarterly Fee: \$40

### Tai Chi for Every Body Mon, 10-11:30 a.m. (ZOOM only) Tue & Fri, 1-3 p.m. (ZOOM only)

### Tai Chi 42 (Courtyard) Wednesdays, 8:30-10 a.m.

### Yoga Class Tuesdays, 8:30-9:30 a.m. Thursdays, 8:30-9:15 a.m.

Join us for a yoga class for any level of experience. Bring your own mat.

### Zumba® Gold Mondays, 12-1 p.m. Wednesdays, 10:30-11:30 a.m.

## Classes

### Painting for Older Adults Class Tuesdays, 1-2:50 p.m.

Registration required. Please call 714-808-4679 to register.

**By NOCE**

### Staying Mentally Sharp for Older Adults Class Wednesdays, 12:30-2:20 p.m.

Registration required. Please call 714-808-4679.

**By NOCE**

### Recorder Music Practice Wednesdays Intermediate: 9-10:30 a.m. Beginning: 10:30-11:30 a.m.

### Beginning Ukulele Class Thursdays, 1-2:30 p.m.

Need to purchase a ukulele, music stand, tuner, and a book "Essential Elements for Ukulele Book 1" published by Hal Leonard Corp.

## Gatherings

### Afternoons at the Movies Wed, Sept 4: "The Greatest Night in Pop" (2024) PG-13

On a January night in 1985, music's biggest stars gather to record "We Are the World." The team goes behind the scenes of the event to see how all of the artists came together to make history.

### Wed, Sept 18: "Notting Hill" (1999) PG-13

Julia Roberts and Hugh Grant star in this hit romantic comedy about a London bookstore owner who falls for an A-list movie star.

### Bible Study (Room C) 3rd Wednesday of each month 12:30-1:30 p.m. **By Cause Church Senior Ministry**



### Bingo! (Dining Room) Mondays & Wednesdays, 10:30-11:30 a.m. Thursdays, 12:30-1:30 p.m. Fridays, 10:30-11:30 a.m.— LUNCH TICKET REQUIRED

### Birthday Party Friday, Sept 6, 11:30 a.m. **By Cause Church Senior Ministry**

### Book Club (Courtyard) 4th Wednesday of each month 11-11:30 a.m. **By the Brea Public Library**

### Bunco Group Every Tue & Fri, 12:45-2 p.m.

### Crochet Group (Room C) Mondays, 10 a.m.-12 p.m.

### Hooks and Needles— Knitting Group 3rd and 4th Tuesday of each month, 1-3 p.m.



Help create hand-made hats, booties, sweaters and blankets to be donated through the non-profit organization "Stitches from the Heart" to newborn babies in over 1,200 hospitals nationwide.

### Loose Threads—Quilting Group (Room B) 1st and 3rd Wednesday of each month, 9 a.m.-12 p.m.

### Lotería Select Thu, 10:45-11:45 a.m.

### Sock Hop Party—SOLD OUT! Friday, Sept 17, 10:30 a.m.- 12:30 p.m. **By Dwight Manley**

### Sewing & Embroidery Group Thursdays, 9 a.m.-3 p.m.

Bring your own sewing machine. Knowledge of sewing required.

### Sing-a-Long Group (Room C) Fridays, 1-2 p.m.

### Timely Topics (Room C) Tuesdays, 10-11 a.m.

### Veterans Club (Room B) Mondays, 11-11:45 a.m.

Join in on the conversation with your fellow Vets. Spouses are welcome to share their memories.

# September Activities

## FAMOUS QUOTE

“A clear conscience is the sure sign of a bad memory.”

MARK TWAIN

**SEPTEMBER IS NATIONAL...  
SAVE YOUR PHOTOS MONTH**

### BIRTHSTONE

Sapphire

### FLOWERS

Morning Glory, Aster, and Forget-Me-Not

## Monday

**2**

**Closed for Labor Day**



**9**

9:00 Longevity Stick Balance (ZOOM)  
10:00 Tai Chi for Every Body (ZOOM)  
10:00 Better Balance (PH)  
10:00 Crochet Group (C)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Zumba Gold (PH)  
12:45 Walmart Shopping (L)  
12:30 Board & Card Game Group (B)

**16**

9:00 Longevity Stick Balance (ZOOM)  
9:00 Nail Painting (WR)  
10:00 Tai Chi for Every Body (ZOOM)  
10:00 Better Balance (PH)  
10:00 Crochet Group (C)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Zumba Gold (PH)  
12:45 Walmart Shopping (L)  
12:30 Board & Card Game Group (B)

**23**

9:00 Longevity Stick Balance (ZOOM)  
10:00 Tai Chi for Every Body (ZOOM)  
10:00 Better Balance (PH)  
10:00 Crochet Group (C)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Zumba Gold (PH)  
12:45 Walmart Shopping (L)  
12:30 Board & Card Game Group (B)  
1:00 It's Your Estate (D)

**30**

9:00 Longevity Stick Balance (ZOOM)  
10:00 Tai Chi for Every Body (ZOOM)  
10:00 Better Balance (PH)  
10:00 Crochet Group (C)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Zumba Gold (PH)  
12:45 Walmart Shopping (L)  
12:30 Board & Card Game Group (B)  
1:00 It's Your Estate (D)

## Tuesday

**3**

8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Blood Pressure Checks (WR)  
10:00 Timely Topics (C)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)  
1:00 Tai Chi for Every Body (ZOOM)  
1:00 Painting for Older Adults (D)

**10**

8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Blood Pressure Checks (WR)  
10:00 Timely Topics (C)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)  
1:00 Tai Chi for Every Body (ZOOM)  
1:00 Painting for Older Adults (D)

**17**

8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Blood Pressure Checks (WR)  
10:00 Timely Topics (C)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)  
1:00 Tai Chi for Every Body (ZOOM)  
1:00 Painting for Older Adults (D)  
1:00 Knitting Group (C)

**24**

8:30 Yoga Class (PH)  
9:30 Hilbert Museum & Lunch Trip (L)  
10:00 Health & Wellness (PH)  
10:00 Blood Pressure Checks (WR)  
10:00 Timely Topics (C)  
10:00 Hearing Screenings (L)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)  
1:00 Tai Chi for Every Body (ZOOM)  
1:00 Painting for Older Adults (D)  
1:00 Knitting Group (C)

## Wednesday

**4**

8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Quilting Group (B)  
9:00 Recorder Practice (C)  
9:30 Mobile Technology Class (D)  
10:30 Bingo (DR)  
10:30 Zumba Gold (PH)  
12:00 Lunch (DR)  
12:00 Line Dancing (PH)  
12:30 Mentally Sharp Class (D)  
12:30 Afternoon Movie (DR)  
12:45 Ralphs/Rite Aid Shopping (L)

**11**

8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Recorder Practice (C)  
9:30 Mobile Technology Class (D)  
9:30 HICAP Counseling (WR)  
10:30 Bingo (DR)  
10:30 Zumba Gold (PH)  
12:00 Lunch (DR)  
12:00 Line Dancing (PH)  
12:30 Mentally Sharp Class (D)  
1:00 Senior Grocery Program (CY)

**18**

8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Quilting Group (B)  
9:00 Recorder Practice (C)  
9:30 Mobile Technology Class (D)  
10:30 Bingo (DR)  
10:30 Zumba Gold (PH)  
12:00 Lunch (DR)  
12:00 Line Dancing (PH)  
12:30 Mentally Sharp Class (D)  
12:30 Bible Study (C)  
12:30 Afternoon Movie (DR)  
12:45 Albertsons/Trader Joe's Shopping (L)

**25**

8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Recorder Practice (C)  
9:30 Mobile Technology Class (D)  
9:30 HICAP Counseling (WR)  
10:30 Bingo (DR)  
10:30 Zumba Gold (PH)  
11:00 Book Club (CY)  
12:00 Lunch (DR)  
12:00 Line Dancing (PH)  
12:30 Mentally Sharp Class (D)  
1:00 Senior Grocery Program (CY)

## Thursday

**5**

8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
10:45 Loteria (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

**12**

8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
10:45 Loteria (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

**19**

8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
10:45 Loteria (DR)  
12:00 Lunch (DR)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

**26**

8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
10:00 Mayor's Update (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Legal Aid (WR)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

All programs and activities subject to change and cancellation without

## Friday

**6**

9:00 Longevity Stick Balance (PH)  
10:30 Bingo w/ Lunch Ticket (DR)  
11:30 Birthday Party (DR)  
12:00 Special Dollar Lunch (DR)  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

**13**

9:00 Longevity Stick Balance (PH)  
10:30 Bingo w/ Lunch Ticket (DR)  
12:00 Korean Harvest Luncheon (DR)  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

**20**



**BREA FLU SHOT CLINIC**  
Flu Shot Clinic (PH)  
10 a.m.-11:30 a.m.  
Breakfast served at 9 a.m.  
Lunch served at 12 p.m.

10:30 Bingo (DR)  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

**27**

9:00 Longevity Stick Balance (PH)  
10:30 Sock Hop Party (DR) SOLD OUT!  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

- A** - Room A
- B** - Room B
- C** - Room C
- CR** - Computer Room
- CY** - Courtyard
- D** - Room D
- DR** - Dining Room
- L** - Lobby Area
- LIB** - Library
- PH** - Pioneer Hall
- PHCR** - PH Conference Room
- WR** - Wellness Room



Senior Lunch Menu – September 2024

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| 2<br>   | 3<br><b>Chicken Breast</b><br>Mashed Potatoes<br>Brown Gravy<br>Corn<br>Hawaiian Roll<br>w/Smart Balance<br>Cheesecake<br>Diet: Fresh Fruit   | 4<br><b>Cubed Beef</b><br>Stroganoff Sauce<br>Winter Veg Blend<br>Egg Noodles<br>WW Dinner Roll<br>w/Smart Balance<br>Mandarin Orange<br>Orange Juice<br>1% Milk   | 5<br><b>Chicken Meatballs</b><br>Sweet Citrus Glaze<br>Oriental Veg Blend<br>Quinoa Pilaf<br>Fresh Orange<br>1% Milk   | 6   |
| 9<br><b>Chicken Breast</b><br>Parmesan & Sundried<br>Tomato Sauce<br>Carrots<br>Tri-Color Pasta<br>WW Dinner Roll<br>w/Smart Balance<br>Tropical Fruit Mix<br>1% Milk | 10<br><b>Barbacoa Beef</b><br>Oregon Bean Medley<br>Cilantro Lime Rice<br>WG Tortilla<br>Fresh Orange<br>1% Milk  | 11<br><b>Tuna Salad</b><br>Corn, Lima Beans &<br>Tomato Salad<br>WW Dinner Roll<br>w/Smart Balance<br>Mandarin Orange<br>1% Milk   | 12<br><b>Diced Chicken Breast</b><br>Sweet & Sour Sauce<br>Oriental Veg Blend<br>Egg Noodles<br>WW Crackers (4pk)<br>Canned Peaches<br>SF Pudding<br>1% Milk | <b>Special<br/>Friday<br/>Lunches<br/>are<br/>Listed<br/>on the<br/>Next<br/>Page</b> |
| 16<br><b>Chicken Breast</b><br>Savory Tomato Sauce<br>Peas & Carrots<br>Brown Rice<br>WW Dinner Roll<br>w/Smart Balance<br>Tropical Fruit Mix<br>1% Milk              | 17<br><b>Beef Cheeseburger</b><br>Swiss Cheese<br>Shredded Lettuce,<br>Tomato & Red Onion<br>WG Hamburger Bun<br>Mayo & Mustard<br>Fiesta Corn & Bell<br>Pepper Salad<br>Pineapple Chunks<br>1% Milk            | 18 <br><b>Veggie Egg Salad</b><br>California Salad<br>Moroccan Lentil Veg<br>Soup<br>Spring Mix<br>WW Bread<br>w/Smart Balance<br>Fresh Orange<br>1% Milk | 19<br><b>Pork Loin</b><br>Sweet Citrus Glaze<br>Mix Veg<br>Sweet Potatoes<br>WW Dinner Roll<br>w/ Smart Balance<br>Mandarin Orange<br>1% Milk                |   |
| 23<br><b>Beef Goulash</b><br>Egg Noodles<br>California Veg Blend<br>WW Crackers (2pk)<br>Carrot Bread<br>Diet: Fresh Fruit  | 24<br><b>Mexican Beef Cocido</b><br>Cubed Beef<br>Beef Broth<br>Vegetable Mix<br>WG Tortilla (1)<br>Banana<br>SF Pudding<br>1% Milk   | 25<br><b>Turkey Bolognese</b><br>Italian Veg Blend<br>Bow Tie Pasta<br>Parmesan Cheese (1pk)<br>WW Dinner Roll<br>w/Smart Balance<br>Tropical Fruit Mix<br>1% Milk   | 26<br><b>Baked Tilapia</b><br>Ranchera Sauce<br>Broccoli<br>WG Tortilla (1)<br>SF Pudding<br>Orange Juice<br>1% Milk   |   |
| 30<br><b>Pork Carnitas</b><br>Verde Sauce<br>Green Peas<br>Cilantro Lime Rice<br>WG Tortilla (1)<br>RS Ambrosia<br>1% Milk  | <b>Voluntary Contribution</b><br>- \$3.00<br><br><b>Meal Cost for Under<br/>Age 60 - \$5.00</b><br><br> <b>Meatless Meal</b> |    |  |   |

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reasons of quality control, price, or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. \* indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)

# Chef Francesco Special Friday Lunches

Lunch starts at 12 P.M. Dollar Lunch is available for Dine-In ONLY. Takeout available for \$8. Vegetarian options require advance notice.

## SEPT

**Friday, Sept 6**— *Dollar Lunch Sponsored by Dwight Manley*  
Fried Chicken, Potato Salad, Baked Beans, Dinner Roll, Green Salad, Grapes, Ice Cream Bar

**\$1**

**Friday, Sept 13**— *Korean Harvest Festival Luncheon sponsored by BKSCA*  
Stir-fried Korean BBQ Beef, Stir-fried Glass Noodles with Vegetables, Asian Salad, Rice & Kim-Chi, Vanilla Ice Cream

**Friday, Sept 20**— *Flu Clinic Breakfast (Available from 9-11 a.m.)*  
Sausage, Egg & Cheese Breakfast Sandwich, Fruit, Orange Juice

**\$5**

*Flu Clinic Lunch (Available at 12 p.m.)*  
Chicken Cobb Salad w/ Egg, Bacon, Cheddar Cheese, Cucumber, Tomato & Ranch, Roll, Cookies

**\$7**

**SOLD OUT!**

**Friday, Sept 27**— *Sock Hop Party*  
BBQ Bacon Cheeseburger, Waffle Fries, Coleslaw, Watermelon, Ice Cream Sundae

**\$7**

## OCT

**Friday, Oct 4**  
Southwest Chicken Tacos, Black Beans, Corn Medley, Mexican Salad, Fruit Popsicle

**\$7**

**Friday, Oct 11**— *Dollar Lunch Sponsored by Dwight Manley*  
Orange Chicken, Chow Mein, Broccoli, Asian Salad, Tangerine, Cookie

**\$1**

**Friday, Oct 18**— *Dollar Lunch Sponsored by Dwight Manley*  
Fish Filet with Curry Sauce, White Rice, Green Beans, Garden Salad, Brownie

**\$1**

**Friday, Oct 25**— *Halloween Party*  
Roast Beef with Brown Gravy, Pumpkin Soup, Mashed Potatoes, Carrots, Caesar Salad, Seasonal Dessert

**\$7**

**LUNCH TICKETS ARE LIMITED.** Brea residents can purchase lunch tickets one month in advance. Non-residents can join the waitlist for a chance to attend. (Tickets are not guaranteed.)

# Announcements

## SCHOOL TIME

L T X I Z A M G W I G I G J W A O H W X Q S W I P  
 N A I G K L E R O A K O F O A G T T Q G A K H W Z  
 O R E X A M S T I E I G F B D A N C E S Z L T F B  
 T M H C J S E N I O R F K S Q G T Y K A Y G G O I  
 E H O H F A D C L W I D S A M A G X D B C E K E N  
 S S C J F Z U C O C J C V Z T Q M H R U N H N J D  
 V X D A I S C T E M E L C K X U F R D V T M E W E  
 R D L N O L A I T J M K J K S L P Y F K X S I R R  
 L O P L E C T N N G K Y J O X E Q X Z I U Q R Q S  
 A G L O D I E Z Q S D R H C O S C L Y S L U T L A  
 L Z L B G D R L E B J N X E N S M A F U R M H E S  
 Z R C L U H P F T J N T Q L J A Z G N Z R K S O K  
 J K C T U X Y T N P R P E N S L C C A E E R E X Q  
 P S S U F E B S U F L J P H K C H Q C P U F R I L  
 A H F E X R R X K F V U X P Q K R V A O W H V K E  
 P H F S D T H E F A V J F J N S B E Y S U H O M S  
 E C V H F L L C M T F A B E F T E O K R S R H V S  
 R P R O M O H U K S U P C A T T L X I C M P S D O  
 Q F G L I B R A R Y M P G L M R L H P I O F H E N  
 J M H N Z E Q N L D D D N W I U S W R S O L S J S  
 C W Z Y V Q L Q Z L F R B G R A D E S S R E O T W  
 F L F P Y R H J Y G S O R O I N U J L R K A R M B  
 Y A J N Z E H J D T O D B O L T N P N U Q R F Q L  
 M B W K A Y F A G K Q P T F B Z W T J X R N J M R  
 W O L O Q B S M S E Q T C E F Q A P A I I D O A Z

|         |         |
|---------|---------|
| BELLS   | LIBRARY |
| BINDER  | LOCKER  |
| BOOKS   | LUNCH   |
| CLASS   | NOTES   |
| COACH   | OFFICE  |
| COURSES | PAPER   |
| DANCES  | PENS    |
| DESK    | PROM    |
| EDUCATE | QUIZ    |
| EXAMS   | ROOMS   |
| FILMS   | RULES   |
| FRIENDS | SENIOR  |
| FROSH   | SOPH    |
| GRADES  | STAFF   |
| HALLS   | STUDENT |
| JUNIOR  | STUDY   |
| LEARN   | TEACHER |
| LESSONS | TRUANT  |

### Come by and learn...

The Brea Senior Center is open to all senior and pre-senior community members. Come by and learn more about the many programs, services and events available for you.

- Hours:** Mon-Fri / 8 a.m.-3 p.m.
- Location:** 500 S. Sievers Avenue, Brea, California 92821
- Telephone:** 714-990-7750
- Website:** [www.BreaSeniorCenter.com](http://www.BreaSeniorCenter.com)
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)
- Instagram:** [instagram.com/BreaSeniorCenter/](https://www.instagram.com/BreaSeniorCenter/)

More details and information available online

